

CYBERBULLYING

Warning Signs

By Sameer Hinduja, Ph.D. and Justin W. Patchin, Ph.D.

A child may be a victim of a cyberbully if he or she...

- unexpectedly stops using the computer
- appears nervous or jumpy when an Instant Message or Email appears
- appears uneasy about going to school or outside in general
- appears to be angry, depressed, or frustrated after using the computer
- avoids discussions about what they are doing on the computer
- becomes abnormally withdrawn from usual friends and family members

A child may be cyberbullying others if he or she...

- quickly switches screens or closes programs when you walk by
- uses the computer at all hours of the night
- gets unusually upset if he or she cannot use the computer
- laughing excessively while using the computer
- avoids discussions about what they are doing on the computer
- is using multiple online accounts, or an account that is not their own

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For more information, visit <http://www.cyberbullying.us>